

MRSA

Chlorhexidine and Bactroban suppression treatment Instructions for service users in the community

Meticillin resistant *Staphylococcus aureus* (MRSA) suppression treatment helps decrease the number of MRSA bacteria a person has or may carry and reduces the chances of developing an MRSA infection.

This information aims to assist you to use MRSA suppression treatment correctly.

It is important that you complete the 5 day course to reduce the possibility of developing an MRSA infection.

The treatment is a combination of **two separate treatments that are started on the same day**, an antimicrobial skin cleanser and a nasal ointment.

If severe irritation occurs with any of the products, discontinue use and contact your GP for further advice.

Chlorhexidine gluconate 4% skin cleanser

Chlorhexidine gluconate 4% is an antibacterial skin cleanser that is effective at destroying MRSA and should be used on both your body and your hair.

- You will need to shower or strip wash **once** daily for 5 days using the antimicrobial skin cleanser.
- After showering with your normal skin products, pour chlorhexidine gluconate 4% onto a clean damp cloth and apply to your body. Avoid contact with your eyes, nose and mouth.
- Leave on the skin for the recommended contact time of 1 minute before rinsing off thoroughly.
- Use the wash lotion as a hair shampoo on day 2 and day 4. Avoid contact with your eyes. Hair conditioner can be used as normal after using the chlorhexidine gluconate 4% skin cleanser. Hair can be washed as normal on other days during the treatment.
- If you require assistance with this treatment, please discuss with your GP.







Bactroban nasal ointment (step-by-step guide on the back of this sheet)

- It is important to wash your hands with liquid soap and warm running water before and after applying the ointment.
- For both nostrils, place a small amount of the ointment, about the size of a match head, on your little finger and apply to the inside of each nostril three times a day for five days.
- Pinch the nostrils lightly together after applying the ointment to help spread it.
- Discard any remaining product at the end of the 5 days of treatment.

Treatment plan (please tick box when applied)

Chlorhexidine gluconate 4% treatment		Day 1	Day 2	Day 3	Day 4	Day 5
Apply chlorhexidine gluconate 4% daily to skin during shower or wash		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash hair using chlorhexidine gluconate 4%			<input type="checkbox"/>		<input type="checkbox"/>	
Apply nasal ointment inside both nostrils 3 times a day	Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bactroban nasal ointment step-by-step guide

A nasal ointment called Bactroban which should be used three times a day for 5 days.					
					
1. Wash and dry your hands.	2. Unscrew the cap and squeeze a small amount of ointment, about the size of a match head onto your little finger.	3. Apply ointment to the inside of one nostril.	4. Repeat steps 2 and 3 for the other nostril.	5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the ointment inside each nostril.	6. Wash and dry your hands. Then replace the cap on the tube.